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SHARING.

No rain on this parade

Haligonians show up in droves, on floats, skates and unicycles, all to celebrate Pride's last hurrah

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For when you run out of milk, chips and TV's ...

Walmart opens first Atlantic supercentre here in Halifax

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Bloodshed in Egypt

Muslim Brotherhood supporters remain defiant as military, police clamp down on sit-ins

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LET'S TALK ABOUT THE BEST SHOWS ON TELEVISION

THE WRITERS' ROOM LOOKS AT THE CREATIVE PROCESS BEHIND SHOWS LIKE BREAKING BAD, DEXTER AND NEW GIRL

PAGE 12



TREWS UP FOR A GOOD TIME?

Fans cheer as The Trews take the stage on Sunday afternoon at Georges Island Smirnoff Red Door Island Party. The two-day concert, which also featured Classified, Rich Aucoin and many others, wrapped up Sunday. Story, page 3 JEFF HARPER/METRO

Police ask for public's help in swarming

Dartmouth. Officers say incident shouldn't cause panic

a cellphone. A police K-9 unit later found the bag with the phone missing.

So far police have no suspects or leads in the investigation. The suspects are all in their late teens or early twenties.

"We're hoping that anyone who might have witnessed the altercation would come forward and speak to us," said Halifax Regional Police spokeswoman Sgt. Christina Martin.

Last December, police responded to two Dartmouth swarmings on the same evening.

A 21-year-old woman was punched and kicked after three females tried to steal her backpack at the Metro Transit bus terminal, while two men were swarmed by five or six males on Mount Hope Avenue 45 minutes later.

Police say a knife was used in the assault, which left one of the victims with cracked teeth. **ANDREW RANKIN/METRO**

Police are asking for the public's help in finding the attackers involved in an early-morning swarming in Dartmouth that sent one man to hospital.

The incident occurred at 12:30 a.m. Sunday, when a group of five adults in their early 20s were attacked by about 20 young men in the 0-100 block of Victoria Road.

None of the victims, including three men and two women, were seriously injured in what police are calling a random and unprovoked attack.

One man was sent to hospital for precautionary reasons but was later released.

A backpack was allegedly stolen from one of the women containing identification and

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Mugging

Senior robbed, assaulted: Cops

Police are investigating after a 72-year-old man was assaulted in Halifax on Saturday.

At 4:40 a.m., the victim had his wallet stolen and was attacked near Sackville and Brunswick streets in the city's south end, police said, adding the man had withdrawn money from an ATM before the incident and saw a group of young men watching him at the time.

The thieves are described as two white men, 20 to 25 years old, one of them six feet tall with a slim build. The second man was also thin, five-foot-eight, and wore a red sweater. Police said the 72-year-old received minor facial injuries and was treated at the scene. Anyone with information is asked to call police at 490-5016, or Crime Stoppers. **METRO**

Here by Christmas?

Forever 21 to open at Mic Mac Mall

One of the most popular retailers in the U.S. is coming to Dartmouth. On Friday, Mic Mac Mall confirmed that Forever 21 will be opening there over the next few months. The mall posted a photo on its Facebook page showing a storefront under construction with a large Forever 21 banner over a white tarp. The caption read: "The rumours are true." By Sunday afternoon, the post had 885 "likes" and was shared more than 300 times. No date has been set for the opening, but previous rumours have mentioned Christmas as a target. **METRO**



The Trews play to a capacity crowd on Sunday afternoon at the Georges Island Smirnoff Red Door Island Party. JEFF HARPER/METRO

Rockers make waves at Georges Island concert

Smirnoff Red Door Island Party. Site is usually not open to the public

CLARK JANG

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History met rock 'n' roll in a mashup of East Coast culture on Georges Island over the weekend.

The isolated island in the Halifax Harbour, normally closed to the public, was the venue for the two-day Georges Island Smirnoff Red Door Island Party.

Evan Meisner, vocalist and guitarist for the Halifax band

Gloryhound, said the atmosphere was unlike any show he's played before.

"People get more excited for outdoor shows," he said. "It's a certain energy level that just doesn't come with playing in a club."

"It was sweaty, hot and it's a small stage," he added. "It's a little more interesting when you're bumping into each other and falling over each other's feet and instruments."

A cool sea breeze and promoters with water guns kept more than 2,000 concertgoers cool under a beating sun on Sunday. Combined with Saturday's turnout for headliners Classified and Rich Aucoin, more than 3,200 people sang, clapped and

Party price tag

\$250K

Budget for the Georges Island concert.

headbanged on the island over the weekend.

Sunday featured performances by The Trews, The Stanfields, Gloryhound and The Town Heroes.

"We wanted to have an East Coast party out on the island. We made sure we booked acts that were around here from Nova Scotia, and it's turned out great," said Derek Martin, president of Sports and Entertainment Atlantic.

Even though planning the

event was a logistical challenge — from securing permits to transporting equipment to and from the island — Martin says the opportunity to explore history on an exclusive island and listen to music was quite a magnet.

"Everyone sees it. They're walking along the boardwalk and they see this island out here that's inaccessible," he said. "To be able to come out here with your friends and have a great time is a really unique opportunity."

He said artists were also enthusiastic about the opportunity to play at the National Historic Site.

"We didn't ask anyone that turned us down," he laughed. "I think it's really interesting for them, too."

1 NEWS



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'Everybody is happy' as Halifax shows its Pride

Parade. Drag queens, dancers and musical acts travel along the downtown route

EVAN MCINTYRE
halifax@metronews.ca

Thousands filled downtown Halifax Saturday afternoon as the city celebrated its 26th annual Pride Parade.

Barrington Street's sidewalks were packed as everyone looked to the Cogswell interchange with anticipation around 1:30 p.m.

People young and old were full of smiles as the parade began with a police escort and a lone volunteer carrying a bunch of multi-coloured balloons.

"It's one of the best parades in the city," said Tom Johnson of Halifax, who attended the festivities with his family.

"We came by, had brunch downtown, walked along the waterfront and now we're going to enjoy the parade," he said.

During the procession, Barrington Street and

Pride and politics

- Mayor Mike Savage and local MP Megan Leslie appeared in the parade.
- Pride week finished on Sunday with a wrap-up drag show at The Atlantica hotel.

Spring Garden Road were run amok with Mounties, storm troopers, unicyclists and rainbow-winged angels taking their pride to the streets.

One float moved along with pole dancers performing on it, while another carried two "newlywed" brides. Members of the Halifax Roller Derby Association even performed skating tricks when the parade stopped for a few minutes.

"I'm amazed at how big this parade is. It's supported so well; I love that," said Amanda Parsons, who was visiting her home city from Toronto.

Scattered throughout the route were a few participants who hoped to bring awareness of ongoing issues



A participant waves a rainbow-coloured flag at the Pride Parade. EVAN MCINTYRE/ FOR METRO

to the public.

One group, dressed as vampires, walked to end the ban on blood donations from gay men. Others supported trans-awareness and LGBTQ inclusion in organized sports.

"I think it's important for us to support everybody, especially with all the media reports coming out of Russia right now," said Gina Fleming, who recently moved to Halifax from St. John's.

The atmosphere at the

parade was infectious.

"Everybody is cheering and clapping and everybody is happy. It really is a nice time," said Sue Hatfield, who attended the parade for the first time with her son.

Pride week finished on Sunday with a wrap-up drag show at The Atlantica hotel.

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Quoted

"I think it's important for us to support everybody, especially with all the media reports coming out of Russia right now."

Gina Fleming, who recently moved to Halifax from St. John's



Seamus Johnson, 7, of Halifax plays with a streamer while he waits for the parade to begin. EVAN MCINTYRE/ FOR METRO

Halifax police still in the dark about sunglasses shoplifter



Police are looking for this woman in a case that involves thousands of dollars' worth of stolen merchandise. CONTRIBUTED

Halifax police are asking for the public's help in catching a shady thief after a shoplifting incident last month.

On June 11, a woman entered a store "specializing in sunglasses" in the Halifax Shopping Centre, according to police.

They say she took a number of pairs and left the store without paying for them. The same woman returned

to the store on June 12 and again stole several pairs of sunglasses.

Police say the value of the stolen merchandise is more than \$7,500.

The suspect is described as a white woman in her forties, with a medium build, short dirty-blond hair and rimless glasses.

At the time of both incidents, she was wearing a

Tips

490-5016

Anyone with information about this woman's identity or the shoplifting can contact police at 490-5016. Anonymous tips can also be sent to Crime Stoppers.

light-grey jacket, blue jeans and sneakers.

METRO

Teen faces charges

Man chased through Halifax with pellet gun

A 17-year-old youth is facing weapons charges after he chased another man with what appeared to be a handgun in Halifax.

Around 7:25 p.m. Saturday, Halifax Regional Police responded to a call in the 400 block of Herring Cove Road after learning of the chase.

Police say they arrested a 17-year-old without incident. **METRO**

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Shearwater. Long-delayed Cyclones to be tested

The Harper government has been asked to accept the air force's long-delayed CH-148 Cyclone maritime helicopters as they are currently configured, and gradually phase them into service using regular software upgrades.

The aircraft-maker and National Defence have agreed to allow flight testing on four helicopters delivered

to Shearwater in Dartmouth this August. Twenty-eight of the aircraft have been ordered.

The helicopters were first ordered in 2004 by Paul Martin's Liberal government at a cost of nearly \$3.2 billion — a figure which has now ballooned to \$5.7 billion — and were supposed to be in service by 2008. **THE CANADIAN PRESS**

Crime. Woman stabs man in leg, will be charged

A man was taken to hospital early Sunday morning after a stabbing incident in Halifax.

Around 1:30 a.m., Halifax Regional Police responded to a weapons call in the 0-100 block of Catamaran Road.

Police said that a man and woman, who knew each other, were in an "alterca-

tion" when the stabbing occurred.

The man was taken to hospital with a serious but non-life-threatening injury to his leg, and the woman was taken into custody.

Police say the woman will be charged with assault with a weapon. **METRO**

Shelburne. Men charged in marijuana, telecom bust

Two men have been arrested in Shelburne for marijuana possession and telecommunications theft.

At about 5 p.m. on July 26, Shelburne RCMP and the Shelburne County street crime enforcement unit executed two search warrants in relation to an ongoing investigation.

Police seized telecom-

munication equipment and marijuana plants in a home on Clements Street, where a 21-year-old man was arrested.

He was charged with marijuana possession and theft of telecommunication service.

A few hours later, police searched a different home on Clements Street and found more telecommunication equipment. **METRO**



Walmart Canada CEO Shelley Broader attends the opening of the company's new supercentre in Halifax on Friday. The supercentre will add fresh food, putting competitive pressure on other grocery retailers. **ANDREW VAUGHAN/THE CANADIAN PRESS**

Walmart ups ante with supercentre

Bargain hunters rejoice. The big-box chain enters fresh-food market in Atlantic Canada with new store

Stiff competition

"It takes a little while for consumers to change their shopping patterns, but certainly with a new entrant ... there will be change."

John Winter, Toronto-based retail analyst

Walmart Canada expanded its reach into the fresh-food sector by opening its first supercentre Friday in Atlantic Canada, continuing an aggressive bid to win over customers in an increasingly competitive retail market.

Shoppers filed into the Halifax store early Friday morning, loading their carts with an un-

likely mix of everything from radishes, onions and carrots to television sets and back-to-school supplies.

Shelley Broader, Walmart Canada president and CEO, said it's all part of the retail giant's mission to allow consumers to buy all of their supplies in one location.

"Our goal is one-stop shopping," she said as people milled around her, filling their baskets with packages of two chickens for \$10 and bags of carrots for \$1.

"With the addition of fresh food into our supercentre format, we truly are one-stop shopping — you can get all of

your needs met here and it's very core to our strategy."

The massive, 13,500-square-metre store is one of nine supercentres planned for the region and one of 37 projects that will involve expansion, remodelling or relocating existing stores across the country at a cost of \$450 million. Walmart will spend about \$90 million on the Atlantic expansion in New Brunswick and Nova Scotia, adding 300 positions.

The Halifax project, which the company said created 30 new jobs, means Walmart now has 217 so-called supercentres in Canada. **THE CANADIAN PRESS**



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A crashed train ready to be deposited in Santiago de Compostela, Spain, Sunday. Spain's interior minister says the driver whose speeding train crashed, killing 79 people, is being held on suspicion of negligent homicide. LALO R. VILLAR/THE ASSOCIATED PRESS

Spanish train driver charged in 79 deaths

Derailment. Bystander claims Francisco Jose Garzon Amo told him after the crash that he wasn't able to brake

The driver of a Spanish train that derailed at high speed killing 79 people was provisionally charged Sunday with multiple cases of negligent homicide.

A court statement said investigative magistrate Luis Alaez released Francisco Jose Garzon Amo without bail.

The statement said Garzon must appear in court once a

Local resident

"He told us that he wanted to die."

Evaristo Iglesias, a Spanish resident who was with train driver Francisco Jose Garzon Amo after the crash last Wednesday

week and is forbidden to leave Spain without permission.

Garzon was not sent to jail or required to post bail because none of the parties involved felt there was a risk of him fleeing or attempting to destroy evidence, the statement said.

Garzon was questioned for almost two hours at the court in Santiago de Compostela, the northwestern town near where

the accident occurred.

Garzon was driving the train carrying 218 passengers in eight cars that hurtled far past the 80 km/h speed limit into a high-risk curve on Wednesday, tumbling off the tracks and slamming into a concrete wall, with some of the cars catching fire.

A local resident who rushed to the scene of the accident said in an interview broadcast Sunday that minutes after the crash Garzon had told him he had been going fast and couldn't brake.

"He said he had needed to brake but couldn't," said Evaristo Iglesias.

THE ASSOCIATED PRESS

France

Thieves swipe \$53M in jewels

A staggering 40 million euro (\$53 million) worth of diamonds and other jewels was stolen Sunday from the Carlton Intercontinental Hotel in Cannes, in one of Europe's biggest jewelry heists in recent years, police said. One expert noted the crime follows recent jail escapes by members of the notorious "Pink Panther" jewel thief gang.

The hotel in the French Riviera was hosting a jewelry exhibit over the summer from the prestigious Leviev diamond house, owned by Israeli billionaire Lev Leviev.

THE ASSOCIATED PRESS

Sticking it out. Weiner pushes forward despite loss of campaign manager

Anthony Weiner vowed to stay in the race for New York City mayor Sunday after the loss of his campaign manager and the drumbeat of critics questioning his fitness for public office after new revelations of lewd online behaviour.

Weiner confirmed that campaign manager Danny Kedem resigned Saturday after reports surfaced that Weiner had continued to exchange lewd photos and messages with women despite resigning from Congress in 2011 over the same behaviour.

THE ASSOCIATED PRESS



Anthony Weiner THE ASSOCIATED PRESS

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Girl run over

Teens surrender in apparent egging gone badly wrong

Three teen boys allegedly involved in a hit-and-run that left a girl with broken legs have turned themselves in, say police in Abbotsford, B.C.

The trio surrendered just hours after they allegedly ran the girl over.

Early Saturday, a group of teens were sitting at a bus stop when a truck slowed and two passengers started throwing eggs, police say.

One of the teens, 17, walked up to ask why. But the truck accelerated, running the girl over, police say. Officers will be recommending charges of assault against the two passengers and a charge of hit-and-run causing bodily harm against the driver.

METRO IN VANCOUVER

Rash of incidents

Innu community mulls booze ban

Band councillors in the Labrador Innu community of Sheshatshiu say it's time to consider banning alcohol after a string of recent deaths, accidents and arrests.

Leaders are getting legal advice for a possible bylaw that will be publicly discussed later this summer and would

be voted on by residents, said council member Greg Pastitshi.

Recent incidents have many questioning the role of addiction in the high number of police calls in the area.

Statistics Canada said in a 2011 report that the number of incidents per RCMP officer across the country was just over 30 in 2010. That jumped to 129 for the Happy Valley-Goose Bay region.

THE CANADIAN PRESS

Airport death

Verdict looms in Taser perjury case

One of four Mounties accused of lying to an inquiry into the death of immigrant Robert Dziekanski will learn his fate Monday. Const. Bill Bentley's troubles began when he tried to reconcile video evidence with what he initially told police. THE CANADIAN PRESS

Spain

Teen boy gored at run-of-the-bulls

Police say a 16-year-old boy has been gored to death at a running-of-the-bulls festival in a Spanish town. The youth was struck in the back while celebrating Saturday's Apostle James feast at Iso, 322 kilometres southeast of Madrid.

THE ASSOCIATED PRESS

Body of dead children's mother found

Winnipeg. Woman pulled from river had been missing since children found at home

Unknowns

Police would not confirm that the children were found drowned, how they died or how Gibson died or ended up in the river.

Winnipeg police confirmed Sunday that the body pulled from the Red River on Saturday morning is that of Lisa Gibson.

The mother of two disappeared after both her children were reportedly found drowned in the bathtub of their Westwood neighbourhood home on Wednesday.

Police were initially hopeful that Gibson was alive and in hiding, but by Friday they began concentrating their efforts on searching for her body on the Assiniboine River, which runs near her home.

Her body was spotted by passersby in a canoe.

Const. Eric Hofley said that despite finding Gibson's body, the investigation will continue.

Hofley said autopsies have been conducted on Anna, 2,

and Nicholas, three months, but they would not be releasing the cause of death due to the ongoing investigation. Hopley added an autopsy has also been completed on Lisa's body.

The police tape is now down around the family's home, but a makeshift memorial of balloons, flowers, stuffed animals and notes of love and sadness remains piled on the property. A group of mothers held a vigil there Thursday night. Many others have taken to social media to express their sadness and horror.

There are reports Gibson was suffering from post-partum psychosis, but Hopley said he could not confirm any such details. ELISHA DACEY/METRO, WITH FILES FROM THE CANADIAN PRESS



Winnipeg police say a body pulled from the Red River is that of Lisa Gibson, the 32-year-old mother of two children who were reportedly drowned in their home earlier this week. CONTRIBUTED



These shots show a memorial set up in honour of alleged impaired-driving victim Brandon Thomas before and after it was apparently hit by thieves in Cochrane, Alta., on Friday. COURTESY KIM THOMAS

Mother begs thieves to return son's memorial

Sorrows great and small

"Somebody already took the most important thing from us — and that's Brandon."

Mother Kim Thomas

with as well as cherished photos and flowers.

But, according to mother Kim Thomas, every item was stolen sometime Friday.

She and Brandon's sister, Kayla, have called the RCMP, Alberta Transportation and Rocky View County to determine if any officials took the memorial down, but none claimed responsibility.

Kim is now pleading with

whoever did take the items to simply return them to the spot, no questions asked.

"I don't want justice, retribution or anything," she said Sunday. "These things represent love."

Kim said she's discovered tire tracks in a ditch near the memorial and filed a complaint alerting local RCMP.

She is also making plans to put new items at the site and said she has considered camping nearby to ensure they aren't tampered with.

"The value, dollar-wise, means nothing, but that's Brandon's stairway to heaven right there," Kim said. "We'll never replace any of that stuff."

JEREMY NOLAIS/METRO IN CALGARY

Partisan? Garneau snubbed at Canadarm enshrining

A senior federal minister warmly thanked Liberal MP Marc Garneau for helping to get the Canadarm displayed in a national museum — just three weeks before Garneau was snubbed at the unveiling.

Industry Minister Christian Paradis' letter to Garneau on April 10 was full of praise for his efforts to persuade officials to install the space arm at Ottawa's aviation museum.

The missive was also copied to James Moore, then heritage minister. Three weeks later, on May 2, Moore spoke at a splashy reveal with journalists and 62 invited VIPs.

But Garneau, the first Canadian in space and a key voice for the display, was not there.

He tweeted even as the ceremony unfolded: "Would really have appreciated invitation from Gov't to attend," later accusing the Conservatives of petty partisanship.

As the snub was reported, an unapologetic Moore stood up in the House of Commons and dismissed the heckling of Liberal MPs.

Six months earlier, Moore had himself written to Garneau in thanks.

A spokeswoman for Moore said that the museum was responsible for the guest list. The letters and other records, however, indicate close oversight of the event by both ministers' offices and by the Privy Council Office, the prime minister's own department.

Garneau received a phone apology days later from a museum official, who took the blame for the "oversight," Garneau says she "took the fall."

"I believe my status as a Liberal MP played a role given the highly partisan nature of the current Conservative government," he said. Four former Canadian astronauts were on the guest list. THE CANADIAN PRESS

83 killed in Egypt clashes

Crackdown expected.
PM given right to give military power to arrest

Escalating the confrontation after clashes that left 83 supporters of Egypt's ousted Islamist president dead, the interim government moved Sunday toward dismantling two pro-

Mohammed Morsi sit-in camps, accusing protesters of "terrorism" and vowing to deal with them decisively.

Morsi's Muslim Brotherhood denounced Saturday's bloodshed as evidence of the brutality of the military-backed regime. But many accused the group's leaders of trying to capitalize on the loss of life to win sympathy after millions took to the streets in a show of sup-

port for the military chief who ousted Morsi in a coup.

Gen. Abdel-Fattah el-Sissi said he would take the popular support as a mandate to deal with violence and "potential terrorism."

Brotherhood supporters staunchly reject the new leadership and insist the only solution is to reinstate Morsi. Meanwhile, the interim leadership is pushing ahead with a fast-track

transition plan to return to a democratically elected government by early next year.

The violence continued Sunday, when clashes during funerals for two of the slain Morsi supporters left two men dead and scores injured.

Interior Minister Mohammed Ibrahim warned security forces would deal decisively with attempts to destabilize the country. **THE ASSOCIATED PRESS**



A supporter of ousted president Mohammed Morsi cuts hair in a makeshift barbershop during a protest on Sunday. Setting the stage for more confrontation, the military-installed interim president gave the prime minister the power to grant the military the right to arrest civilians. MANU BRABO/THE ASSOCIATED PRESS

Talks. Israeli cabinet approves release of 104 Palestinian prisoners

The U.S. on Sunday announced the resumption of Israeli-Palestinian talks following years of stalemate, after Israel's cabinet agreed to release 104 Palestinian prisoners convicted of deadly attacks.

The return to direct contact between the sides gave U.S. Secretary of State John Kerry his first concrete achievement after months of shuttle diplomacy.

The U.S. said preliminary talks would begin Monday, but it remained unclear whether they will lead to a formal resumption of peace talks that broke down in 2008.

Despite a return to the table, neither side appeared upbeat. Each has blamed the other for the lack of success in 20 years of negotiations interrupted by bouts of violence.

Chief Palestinian negotiator Saeb Erekat welcomed the vote on the prisoners as a "step toward peace," one he said is long overdue.

Negotiators made progress in previous rounds, and the outlines of a deal have emerged — a Palestinian state in most of the West



Israeli PM Benjamin Netanyahu
THE ASSOCIATED PRESS

Bank, Gaza and east Jerusalem, lands captured by Israel in 1967, with border adjustments to enable Israel to annex land with a majority of nearly 600,000 settlers.

Those talks broke down before the sides could tackle the most explosive issues, a partition of Jerusalem and the fate of Palestinian refugees and their descendants.

Israeli analyst Yossi Alpher said that a prisoner release in stages gives Netanyahu additional leverage during negotiations.

"Netanyahu can refuse to release the later batches if there's no progress."

THE ASSOCIATED PRESS

Improving tense ties

Afghan president accepts invitation to visit Pakistan

Afghanistan's president will make his first visit to Pakistan in more than a year in an effort to mend strained relations between the two countries and in the hopes that he can enlist the support of the new Pakistani government to help end the nearly 12-year Afghan war, an official said Sunday.

The two nations have had tense ties for years, and

Afghanistan has accused Pakistan in the past of supporting the Taliban in the movement's fight against the Afghan government.

But the election two months ago of a new prime minister in Pakistan has raised hopes in Kabul that Islamabad will be more open to helping start peace talks with the Taliban than the previous government — which it perceived to be more hostile to Afghanistan and its president, Hamid Karzai.

Pakistan is seen as a key player in the Afghan peace process. **THE ASSOCIATED PRESS**

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Demand for cyber insurance takes off

Online attacks. Spate of high-profile data breaches has made firms eager to protect themselves from losses

When Brian Rosebaum started pitching cyber insurance to companies in 2006, he was met with blank stares from risk managers and resistance from information technology experts, who insisted their networks were impenetrable.

All of that has changed in the past year and a half, said Rosebaum, who heads the cyber insurance division of Aon Corp.'s Canadian brokerage arm. "We've reached a threshold where people are now coming to us instead of us going to them," said the vice-president.

Insurance brokers say the frequency of high-profile data breaches is causing a surge in demand for insurance products that protect against losses stemming from cyber attacks.

A breach can be costly. Companies face notifying clients

Data breaches

- On Thursday, U.S. prosecutors charged five people with stealing 160 million credit and debit card numbers from companies including 7-Eleven Inc., JC Penney and French retailer Carrefour, calling it the largest data breach in the country's history.
- Other victims of data breaches in the past few years include Sony's PlayStation Network, financial institution Citigroup and a number of Canadian government departments.

that their personal information has been compromised, offering credit protection services, hiring a crisis management firm and defending against lawsuits.

Aon has placed more cyber insurance policies in just the last 18 months than it did in the previous five years, said Rosebaum.

THE CANADIAN PRESS

Quoted

"This is the fastest growing area of commercial insurance in the world right now."

Michael Peterson, a managing director at Marsh Canada Limited



If a turtle could talk to itself, what would it say?

Here's a new twist on zoo marketing — the San Antonio Zoo has taken to posting imaginary conversations on Facebook between the right and left heads of its celebrated two-headed Texas cooter turtle, Thelma and Louise. Zoo officials report that the turtle, who was born last month, has been doing well. Spokeswoman Debbie Rios-Vanskike says the turtle eats and swims, and that the two heads get along. Check out what the shell-backed duo has to say at facebook.com/thelmaandlouise.turtle. SAN ANTONIO ZOO/THE ASSOCIATED PRESS FILE

Proposal could speed up Sea Kings' retirement

The Harper government has been asked to accept the air force's long-delayed CH-148 Cyclone maritime helicopters as they are currently configured and gradually phase them into service using regular software upgrades intended to make the aircraft fully operational.

The proposal is being floated publicly by Sikorsky aircraft in the wake of a federal cabinet shuffle that has left both National Defence and Public Works with seasoned but not yet fully acclimatized ministers.

At the same time, the aircraft maker and Defence have agreed

to a separate plan that would allow flight testing to begin on four helicopters that have been delivered to the military air base in Shearwater, N.S. Twenty-eight of the aircraft have been ordered.

The evaluation, to begin in early August, inches the politically painful program ahead for the Conservative government, which has grown more impatient and vocal in its frustration over the replacement of decades-old Sea Kings.

The helicopters were first ordered in 2004 by Paul Martin's Liberal government at a

cost of nearly \$3.2 billion — a figure which has now ballooned to \$5.7 billion — and were supposed to be in service by 2008.

The failure to deliver new aircraft — detailed a few years ago in a scathing auditor general's report — was underscored over the last few weeks with the grounding of the entire CH-124 Sea King fleet.

One of the nearly 50-year-old helicopters was involved in a spectacular accident that saw the blades on one aircraft chipped away when the chopper unexpectedly careened forward. THE CANADIAN PRESS



An airman sports a satirical shoulder patch at Nova Scotia's CFB Shearwater in this 2003 file photo. Four of the air force's new Cyclone maritime helicopters have been delivered to the base. THE CANADIAN PRESS FILE

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INFO OFFICE TOO GOOD TO BE TRUE

The historic news arrived in a press release from the Executive Council Office at 1:58 p.m. on Tuesday, July 23, landing in my email inbox without trumpets or the Glory-to-our-Glorious-Leader hosannas I would have expected on such a momentous occasion.

"Associate Deputy Minister Appointed to Chief Information Office," the headline declared.

I was so overcome I couldn't continue.

Finally, I thought, the Dexter government had seen the light. They'd decided to acknowledge the critical importance of free and open information to a democracy by not only creating a new Chief Information Office — "chief" making clear the government's priority — but also appointing someone at the associate deputy minister level — not quite a real deputy, but — to oversee dissemination of publicly paid-for government



URBAN COMPASS
Stephen Kimber
halifax@metronews.ca

Nova Scotia.

He lost.

But now that Dexter has tamed the budget-deficit beast (can you say "balanced budget" and "four more

information to that public.

I admit I may have assumed this was a Saul/Darrell-like conversion on the road to Damascus/a provincial election.

But still. Their hearts were in the right place.

You may recall the 2001 case of O'Connor vs. Nova Scotia, in which Dan O'Connor — now the premier's powerful chief of staff — went to court seeking "detailed information related to a revision of certain government programs." When the then-Tory government claimed key parts of those files were protected from prying eyes by cabinet confidentiality, O'Connor took his challenge to the Supreme Court of

years"? he finally has the chance to do what he clearly wanted to accomplish since the day he took office: Let the sun shine in on government decision-making.

Consultant's reports, cabinet briefings ... all available for public scrutiny. A meaningful, searchable database disclosing who gave what to which political party — a website click away. Government departments, like Community Services, facing real consequences for spending a year or more not answering freedom-of-information requests.

Enough of such reveries. I wanted to know more about the government's detailed plan.

Back to the press release.

"A new associate deputy minister has been appointed to lead the Chief Information Office as it continues to oversee the province's information technology systems and data network."

Uh... someone to oversee IT. Really?

It must have been the heat. Or the rain.

As you were.

ZOOM

Faithful flood Brazilian coast



MARIO TAMA/GETTY IMAGES

Massive crowd to see Pope Francis

Nearly the entire four-kilometre crescent of Rio's Copacabana Beach overflowed with flag-waving followers on Sunday for the final mass of Pope Francis's historic trip to his home continent, cheering the first Latin American pope in his final homily of World Youth Day.

THE ASSOCIATED PRESS

Took a toll on the area

- The stench of garbage and human waste hung in the humid air, and the beach and adjoining chic Atlantic Avenue looked like an improvised refugee camp. Copacabana's famous sidewalks were strewn with trampled cardboard, plastic bags, empty water bottles and cookie wrappers.

One of the biggest turnouts

3 million

The Vatican said more than 3 million people were on hand for the mass, based on information from World Youth Day organizers and local authorities who estimated two-thirds were from outside Rio. That was far higher than the 1 million at the last World Youth Day in Madrid in 2011 or the 850,000 at Toronto's 2002 concluding Mass. The next World Youth Day will be in Krakow, Poland, in 2016.



The Pope blesses a child as he rides in the popemobile. Hundreds of thousands of people slept in the sand awaiting the final mass. THE ASSOCIATED PRESS

Clickbait

If you tend to throw back a few too many cocktails on these balmy summer nights — and who doesn't — you may find that your judgment is a little skewed. So raise your glass to these apps that determine whether you're in shape to drive home, or if you should be calling a cab.



AlcoDroid

Gives you a blood-alcohol content estimate based on the number of drinks you've consumed. It also functions as a diary that lets you track your drinking habits over time and includes a Facebook function that updates your friends, in case you are too inebriated to do it. Available on Android.

Last Call

This app is a gem for BAC calculations. Key in the drinks you've consumed, and the app will figure out how drunk you are instantly. It's been lauded for its easy-to-use interface and has some bonus features: Location-based taxi search and a list of local DUI lawyers. For iOS.

BreathalEyes

This one is unique because instead of inputting a number of bevs, you use the phone's camera to take a video of your eye, and the app determines BAC based on the shakiness of your gaze. The downside is this does require someone you're with to have a steady hand. It's available for iPhone but an Android version will be on tap soon.

Funtoxication

Your friend claims they got "wasted" last night. Really? This app gives you proof with the ability to set up multiple profiles. The app comes with games that challenge your skills and memory while you're under the influence. For iPhone. METRO

Twitter



@metropicks asked: A two-headed turtle gets its own Facebook page. If your pet had a Facebook page, what would its status say?

@rblaprairie: My pet beta fish would always have a status that read: "this tank is still being tested"

@PlainSJ: "Owners put me down last month. AVENGE MY DEATH!"

@momomoto: "Pooping."

@VulgarViking: Oh you've returned...feed me now and I'll let you know when I want to be petted! #MyCatOscar

@FrenchmanCanada: "I'm a dog, I know how to use a computer and the first thing I do is setup a FB account. My owner was right, I am a dumb dog."

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All rounder Rash makes Room for talented writers

Q&A. Oscar-winning screenwriter talks about his new show *The Writers' Room* and audiences' newfound respect for storytelling

NED EHRBAR

Metro World News in Hollywood

Jim Rash's resumé is already pretty robust, earning acclaim as a comic actor (*Community*), director (*The Way, Way Back*) and screenwriter (*The Descendants*, for which he and co-writer Nat Faxon won an Oscar), but there's always room for more. His latest gig is hosting *The Writers' Room*, a roundtable discussion series going behind the scenes of fan-favourite television series like *Breaking Bad*, *Game of Thrones* and *New Girl*.

The idea of TV being "the writer's medium" has really taken hold with audiences. Where do you think that's coming from?

I feel it's because of this rabid fan base, this need for knowledge that we all have. I feel like they have respect now for the storytelling. Not that no one had an idea where it came from, but I feel like people have a newfound respect for good stories. I think TV's in a really great place right now as far as embracing flawed, sometimes questionable people, from *Dexter* to *Breaking Bad* to any of these shows like *Mad Men* — complex

characters that you get so frustrated by. In the age of binge-watching, catching up on shows that you missed, all these things lead you to wondering about the story.

You also have things like Comic-Con, where showrunners get as much attention as actors.

Yes, I think it's another outlet. It's another version of social interaction and connection to people that we didn't have certainly when I was growing up. We just watched the TV show, maybe read a magazine or a review.

If you could pick any series, living or dead, from the history of television for *The Writers' Room*, what are your dream choices?

It's tough. I'd be very curious talking to MASH writers just because I have a fascination with the balance of comedy and extreme drama and just the idea behind that show. I feel like I'd want to do a moment with the *Cheers* writers just because that's probably the quintessential show of my life. Then I think I would want to sit down with *Lost* because I have a lot of questions, being a guy who watched from the beginning with groups.

How about having Dan Harmon on *The Writers' Room* now that he's back running *Community*?

I'd love to do *Community*. I know that *Walking Dead* was on the list to be done,



Actor, director and screenwriter Jim Rash hosts *The Writers' Room*. GETTY IMAGES

but it was an AMC decision. I start with *Breaking Bad* and then I get to do that. So I feel like there's lots of shows that would be

all on board to do it. And I think a lot of them, as soon as they see what it is, I feel like they'll embrace it because it really is a

celebration of what they're doing. So I hope they'll see that it's light and fun and introspective about their process.

Aniston sets record straight. Wedding will happen 'when it's perfect'

Jennifer Aniston is dismissing rumours about her upcoming wedding to Justin Theroux and setting the record straight.

"We just want to do it when it's perfect, and we're not rushed," the 44-year-old actress said while promoting her new film, *We're the Millers*.

Aniston and Theroux, 41, began dating more than two years ago and got engaged on

his birthday last August. Since then, their indefinite plans have led to speculation ranging from a broken engagement to Theroux getting cold feet.

"There have been no postponed weddings. There have been no arguments about where to get married. Just clearing all that up," she said. **THE ASSOCIATED PRESS**



Jennifer Aniston GETTY

Hillary

Clinton mini-series in NBC pipeline

A Hillary Rodham Clinton mini-series timed to precede the 2016 presidential election is part of NBC's effort to create "event" programming that will draw viewers to the shrinking world of broadcast network TV, Bob Greenblatt, NBC Entertainment chairman, said. The mini-series, *Hillary*, stars Diane Lane as the former first lady and secretary of state. **THE ASSOCIATED PRESS**

Competition slashed

The Wolverine takes top spot

The *Wolverine* sliced up monsters and minions to debut atop the weekend box office. According to studio estimates Sunday, the Fox film featuring Hugh Jackman's sixth turn as the claw-wielding superhero opened with \$55 million. Last weekend's top movie, Warner Bros.' low-budget horror *The Conjuring*, slipped to second place.

THE ASSOCIATED PRESS

Amanda Bynes' parents worried about their cash cow?

Amanda Bynes' parents' first attempt to secure a conservatorship over their troubled daughter didn't pan out, but they're not giving up just yet.

Rick and Lynn Bynes have filed a petition requesting they be appointed Amanda's temporary conservators until a more permanent decision can be made.

"We are deeply concerned that Amanda poses a substantial risk to herself, to others and to property based on recent events in her life," the petition reads, according to TMZ.

The document points to "extremely paranoid" behaviour.

"She would cover smoke alarms with towels, tape windows shut and cover her car's dashboard with cardboard and tape" because she claimed that "cameras were watching her from inside these places," according to the document.

Rick and Lynn are mostly worried about the amount of damage Amanda could do with her \$3.3 million in



Amanda Bynes.

ALL PHOTOS GETTY IMAGES

assets.

"We are informed and believe that a substantial amount of money is being used to pay for marijuana and other illegal substances, and possible plastic surgery," the petition states.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Is creepy old men not a sought after demographic?



STARGAZING
Malene Arpe
scene@metronews.ca

A Taylor Swift's Biggest Fan contest is cancelled when it looks like a creepy 39-year-old man is going to win. "Not so fast, there" says Taylor. "Is he perhaps someone who could potentially cause me to experience a dramatic May-December-type heartbreak? Does his name rhyme with 'sadness'?"



Friends are reportedly concerned Emma Roberts is turning into the next celebrity train wreck. "But," says Lindsay Lohan, "my reign has only just begun."

Dina Lohan was reportedly drunk and slurred

her words when she called Lindsay in rehab for a long-distance family therapy session. "Try topping that, Emma Roberts. I dare you," says Lindsay.

Celebrity Math. Question: If David Spade's mansion sells for \$10.3 million after six years on the market and Goldie Hawn and Kurt Russell sell their Malibu mansion for \$9.5 million, how will Courtney Love pay the \$260,000 she owes in taxes? Answer: By asking Justin Bieber, who made \$58 million last year, Spike Lee who's trying to raise \$1.25 million on Kickstarter and Teen Mom star and bottomless well of ignorance, Farrah Abraham, who has so far made \$119,576.39 off her sex tape.



Kristen Wiig

Bridesmaids star back on the market

Kristen Wiig is back on the market.

The Bridesmaids star has reportedly split from the Strokes drummer Fabrizio Moretti after a year and a half of dating, according to Us Weekly.

A source says the breakup was "completely amicable. They are friends."

Moretti was previously involved with Wiig's pal Drew Barrymore for five years.



Miley Cyrus

Miley Cyrus likes making it rain on strippers

Miley Cyrus knows how to have a good time, and sometimes that involves going to strip clubs.

"Have I ever been to a strip club? Yes," Cyrus tells London's Capital FM Breakfast radio show.

"How many times? I don't

know. I haven't kept a tally."

When asked if she's previously "made it rain," showering strippers with dollar bills, Cyrus offered a candid response.

"Yes. Am I supposed to lie? I thought I was confessing. This is therapy."

Jennnifer Aniston's fiancé breaks her toe, the world weeps

Jennifer Aniston has learned the hard way that fiancé Justin Theroux's fashion sense can be painful.

"I have a broken toe," she confesses to E! News. "Not to out my sweet, sweet fiancé, but he has big feet and wears these boots. He stepped on my toe. Broke it. I felt it."



Jennifer Aniston

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Book Excerpt

Vacay 4-1-1



IT'S ALL
RELATIVE
Kathy Buckworth
Kathybuckworth.com

When it comes to family vacations, you don't want to leave anything behind — not a child, not a bathing suit, not a toothbrush, and certainly not your established rules and routines.

Is it a drag sticking to routines while on holidays? Absolutely. Is it worth it? One hundred per cent. Sure, go a little crazy with food (and wine, for Mom and Dad only), but try to keep the lid on such things as letting the kids stay up hours later than they usually do. Any child under three will not sleep in to make up for lost time, and they will be cranky.

It's also important to keep some basic rules around meal

time alive during a holiday. If soda pop is not allowed at breakfast at home, it's probably good to stick with that during a road trip as well. Finding the time to have at least one nutritious meal a day can make a big difference, both in your waistlines and in helping the kids feel good.

Personal hygiene is another thing you don't want to let go, particularly if you are dealing with teenage boys who have

already minimized their shower- and tooth-brushing time to infinitesimal levels. If Wednesday is "shower night" at home, keep it going while you're away. Trick them into thinking a Tuesday is a Wednesday if the logistics don't work. What? You're the boss!

FROM KATHY BUCKWORTH'S I AM SO THE BOSS OF YOU: AN 8 STEP GUIDE TO GIVING YOUR FAMILY THE BUSINESS AVAILABLE AT BOOKSTORES EVERYWHERE. (MCCLELLAND & STEWART, 2013)

Online

Yet another reason mommy drinks? The Fair. Follow the (mis) adventures of parenthood at metronews.ca/voices, and pre-order Reasons Mommy Drinks: the book at Amazon.ca



Things better left unsaid

Parenting. What's that rash? Forget sex. In my day. You look great! are among things not to say to new parents

From diet tips to "little baby, little problems," sleep-deprived and new parents have heard it all. And they want you to stop.

Most every new parent has a greatest hits of lame advice and annoying remarks. For fitness buff Brook Benten, mom of four-month-old Hayes, her list included her post-baby body.

"My swollen uterus made me look like I was still five months pregnant," said the Round Rock, Texas, mom. "I was elated to be a mother, but I knew good and well that I looked baaaaad. Well-intending visitors would look me once over and say, 'Wow! You look great!'"

Brandi Jordan, who owns a parenting resource centre in Los Angeles, said the way to avoid ticking off new parents is pretty simple.

"I think that people should not give advice. Period," she said. "People see it as open license when they see someone with a baby to give them their

opinion on how they should have socks on, or they should have a hat on, or they need sunblock, or you shouldn't be taking them out, they're too young. Some people make themselves armchair experts because they've read a lot of things."

That, she said, is why the what-not-to-say problem is so out of control these days. Blogs, social networks and simple online searches are the armchair expert's best friends, said Jordan, who has a six-year-old.

Instead of advice, how about not coming over for a visit when you have a cold, even though you think you and your kids are no longer contagious?

But she also has a suggestion for new parents: How about not rejecting outright the experiences of your own parents due to their grandparently status?

"A lot of new parents discount what their own parents actually know, but a lot of grandparents do have good traditional things that work really well," she said.

First, she said, parents need to realize that they really do need help.

"Before, you didn't need help because your family was right there and did everything, but so many people are far-



When visiting parents with new babies, leave lame advice at the door. ROBERT DABBS/ THE ASSOCIATED PRESS

moved from their families."

But make sure help is help. Visits should be 10 minutes, not two hours, in the early days unless you plan to throw in a load of laundry, do dishes or cook a meal.

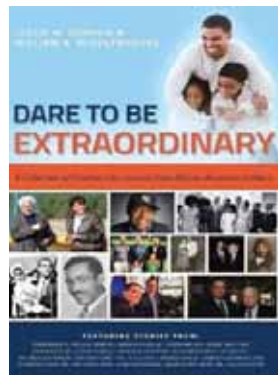
Dr. Richard So, a pediatrician at Cleveland Clinic Children's hospital, has three kids of his own. The youngest is not yet two.

His advice for well-meaning loved ones: "Ninety per-

cent is just reassuring that mother that she's doing the right things, that she's not going to harm her baby," he said. "All a new baby needs to do is eat, sleep, poop and grow."

THE ASSOCIATED PRESS

I double dog dare you ... to be extraordinary



As he packed his younger son Andrew off to his first semester at college, Bill Middleton felt the anxiety and apprehension that many parents do.

His solution was two index cards printed with Middleton's 12 pieces of advice for his son — one framed and another laminated so that Andrew could tuck it away in his wallet.

Middleton's advice is now part of a book of inspiring stories from black fathers — including boldface names like Russell Simmons and Allan

Houston — that he co-authored with Leslie Gordon. Middleton hopes that the book, Dare to Be Extraordinary: A Collection of Positive Life Lessons from African American Fathers will help parents of all communities.

Here are some of the tips Middleton gave for Andrew's first semester:

- People will be more willing to help you if you demonstrate to them that you truly care and want to succeed.
- A commitment to excellence is the shortest distance to suc-

cess. Never shortchange or shortcut an assignment or activity. Always give things your very best.

- When you experience failure — and you will, as we all have — don't let it devastate you. Rather, have it motivate you to work harder and smarter, and to persevere.

- Use your time judiciously and invest in your future wisely. It's always first things first! Attend classes each day, complete homework, study and then do the other things you want to do. You'll always have plenty of

time for the other stuff.

- Be open to growth and guidance from others. Use all the tools in your bag: family, friends, professors and administrators. Don't be afraid to ask for help — it's a sign of strength. If necessary, ask sooner rather than later.

- Many people have invested in you and your success. You honour their investment of trust, confidence and credibility by committing yourself to and acting in accordance with the principles outlined above. **METRO**

Flavours of Italy sans pots of bubbling pasta sauce



This salad serves four. ROSE REISMAN

ROSE REISMAN
rosereisman.com

Bocconcini are small semisoft mozzarella cheeses. They come in large or mini balls. If you are using the larger ones, cut them into quarters. Today, bocconcini cheese is made from a com-

bination of water buffalo milk and cow's milk.

1. Salad: Lightly coat small skillet with cooking spray and add the oil. Sauté onion slices over medium heat 10 minutes or until tender and lightly browned. Add sugar and sauté another 5 minutes. Set aside.

2. Arrange the tomatoes, bocconcini and olives on a serving platter. Place the caramelized onions on top.

3. To make the dressing: Whisk together the oil, sour cream, mayonnaise, vinegar, honey and garlic until well blended. Pour the dressing evenly over

Ingredients

Salad

- 2 tsp (10 ml) vegetable oil
- 1/2 large sweet white onion, thinly sliced
- 1 tsp (5 ml) brown sugar
- 2 large field tomatoes, cut into 1/4-inch (6 mm) slices
- 4 plum tomatoes, each cut into 4 wedges
- 1 1/2 cups (375 ml) cherry or grape tomatoes, cut in half
- 2 oz (60 g) mini bocconcini cheese, thinly sliced
- 1/4 cup (60 ml) halved olives

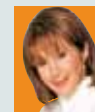
Dressing

- 2 tbsp (30 ml) olive oil
- 1 tbsp (15 ml) 3% sour cream
- 1 tbsp (15 ml) light mayo
- 1 1/2 tsp (7.5 ml) balsamic vinegar
- 1/2 tsp (2.5 ml) honey
- 1/2 tsp (2.5 ml) chopped garlic
- 3 tbsp (45 ml) chopped fresh basil for garnish

the salad and toss. Garnish with basil and serve.

Healthy eating

Choose it and lose it



ROSE REISMAN
for more, visit
rosereisman.com or follow
her on twitter @rosereisman

Little poppers are hits at get-togethers, but don't feed your guests calories, fat and sodium by serving the wrong ones.



6 Heinz stuffed jalapeno peppers

560 calories/36 g fat/1,200 mg sodium

Cream-cheese-stuffed and fried peppers are a high caloric and fat app, with a day's worth of sodium.

Equivalent

Six Heinz-stuffed jalapeno peppers are equivalent in fat to 20 vegetable egg rolls from M&M Meat Shops.



7 M&M Zucchini sticks

170 calories / 9 g fat / 380 mg sodium

Even though these are breaded and deep fried, they are much lower in fat, calories and sodium than the stuffed jalapenos.

Lunch. Beef-Mango Salad



1. Slice steaks crosswise against the grain into strips as thin as possible. Roughly chop the strips to create bite-size pieces.

2. In a large bowl, combine the steak, mango, cucumber, radishes and onion. Toss well.

3. In a medium bowl, whisk together the vinegar, garlic-chili paste and sesame oil. Drizzle the dressing over the salad, then toss well. Season with salt and pepper.

THE ASSOCIATED PRESS

Ingredients

- Two 6-oz bison or other steaks, cooked as desired and cooled
- 1 large mango, peeled, pitted and diced
- 1 medium cucumber, chopped
- 2 red or Easter egg radishes,

- finely minced
- 1/2 small red onion, finely minced
- Dressing**
- 1 tbsp rice vinegar
- 2 tsp garlic-chili paste
- 1 tsp toasted sesame oil
- Kosher salt and black pepper

Chickpeas and nectarines in an anything-but-boring salad

Having salad for dinner may sound boring, but it doesn't have to be. It's easy to toss together a delicious (and nutritious!) salad that goes way beyond the lettuce-tomato-

Ingredients

- Two 15-oz can chickpeas, drained, rinsed and dried with paper towels
- 5 tbsp olive oil, divided
- 1 tsp curry powder
- Salt and ground black pepper
- 4 tbsp rice vinegar
- 4 tsp brown sugar
- 2 tsp Dijon mustard
- 1 bunch Swiss chard, chopped
- 5-oz package baby arugula
- 1 seedless cucumber, sliced
- 4 stalks celery, thinly sliced
- 3 nectarines, pitted and thinly sliced

Protein suggestions

- Soft-boiled or poached eggs
- Sliced cooked chicken breast
- Cooked shrimp
- Lightly seared and thinly sliced steak
- Marinated tofu or seitan
- Feta or halloumi (Greek grilling) cheese



This recipe makes four entree-sized salads. MATTHEW MEAD/ THE ASSOCIATED PRESS

cucumber routine that becomes all too tiresome all too quickly.

1. Heat the oven to 400 F.

2. In a medium bowl, toss the chickpeas with 1 tablespoon of the olive oil. Add the curry, then a little bit of salt and ground black pepper, as needed. Toss well to

coat evenly, then spread the chickpeas in a single layer on a rimmed baking sheet. Roast for 30 minutes, then set aside to cool.

3. Meanwhile, in a small bowl, whisk together the remaining 4 tablespoons olive oil, the rice vinegar, brown sugar and Dijon mustard. Season with salt and black pep-

per. Set aside.

4. In a large bowl, mix together the Swiss chard, arugula, cucumber, celery and nectarines. Drizzle the dressing over the salad, then toss gently to coat. Divide between 4 serving plates. Top with the roasted chickpeas and your choice of protein.

THE ASSOCIATED PRESS

How to make that major decision

Specialize this. A fresh crop of high school grads are gearing up for campus life — but how do you know what to study?

JULIE KAYZERMAN
Metro World News in New York

For graduating seniors in high school, the excitement of completing the university or college application process and heading off to school just can't be matched. But often, the excitement ends where the anxiety about choosing a major — and the big life questions that come with it — begins. In their new book, *The Secrets of College Success*, professors Jeremy S. Hyman and Lynn F. Jacobs share their tips for students looking for the right major.

Take a minute

Upon entering university, many students are encouraged to declare a major right away, but according to Hyman, that isn't necessary. "We recommend the following: don't major at



Take a deep breath and investigate your options at school — don't pick your major at the door. ISTOCK

the door!" she says. "I don't think picking a major is all that important and I think when possible, it's good to delay."

Take advanced courses

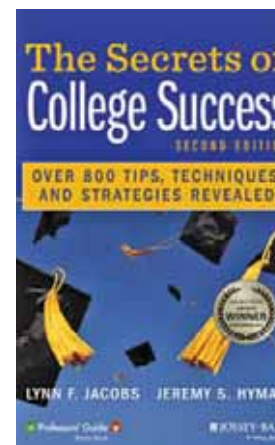
Many schools offer introductory courses that are watered-down introductions to subjects as a whole. Therefore students don't really get a sense of what the major is like until they take advanced courses, according to Hyman.

"When possible we think it's best to test the waters," she says, "especially if you can take one or two upper division courses before putting down your quarter."

Go with what you love

It's important to pick something you're interested in, but many students have varied interests and have trouble when focusing on just one course of study. "A lot of students like to double and even triple

major and sometimes add a minor or two as well," says Hyman. "This can be a good idea if the majors have some relation to each other, but we think a far better idea is that you have a primary interest." According to Hyman, when picking a major, you are committing yourself to 10 or 12 required courses, so picking two majors — especially ones that don't relate to each other — can be a tough venture.



Don't focus too much on the money

"When you major in something, especially (when it is an) undergraduate major that is followed by graduate school," says Hyman, "you're having to pick a career 10 years ahead of yourself and what you think will be good 10 years from now."

Hyman urges students to use caution when thinking so far ahead, because high-paying career choices can change, and so can the interests of the student. "When picking the major,

the student should be an educated consumer and (should) use the sources available rather than just lunging at something because they've done it before."

Your major and your career don't always have to be the same thing

Of course there are fields such as health care and information technology that require specific training and Hyman says it makes sense to match your major to a career. However, she says that picking a major is not the end-all, be-all decision. "What businesses complain about most when they hire people is not that they have the wrong major," Hyman says, "but that they have bad writing, analytical or interpersonal skills." Furthermore, Hyman says that there is no real rush. "Students think when they pick a major they're locked in for life to that major and that career. Beginning students should realize that at many colleges it's extremely easy to change a major."

No clue what to do?

Don't panic. According to Hyman, it is best to ask other people what they're doing and how they like it. "Take more courses, talk to more people, don't panic."



Brian Best, left, and his father David have turned to crowdfunding to save their family farm. THE CANADIAN PRESS

Crowdfunding only limited by imagination

Show me the money. More businesses turn to the public for help

time to the online campaign, which aims to raise \$200,000 by Aug. 1.

As of Thursday, the campaign on Indiegogo.com has generated around \$8,000.

Websites like Indiegogo.com are drawing people from across Canada to crowdfunding, and the types of campaigns they fund vary widely. Whether it's building a school in Africa or trying to secure the release of an alleged video that appears to show Toronto's mayor smoking crack cocaine, the possibilities are endless.

Regardless of the cause, the components of a successful crowdfunder often remain the same, said Sandeep Pillai, a graduate student at the University of Toronto's Rotman School of Management who has studied crowdfunding.

"That ability to engage people ... is very critical in a

Quoted

"When a crowdfunding campaign does not become successful, it's because you were not able to engage the crowd"

Sandeep Pillai, crowdfunding expert

crowdfunding campaign. Let it be a potato farm, let it be a solar watch, let it be a coffee down the street, whatever it is," said Pillai. "When a crowdfunding campaign does not become successful, it's because you were not able to engage the crowd."

Pillai said the idea of crowdfunding isn't new, but its accessibility is.

"It's a sign of the times," said Pillai. "There's a venue to do it; before there was not."

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MLB

Pujols' year on the line with foot injury

Los Angeles Angels slugger Albert Pujols was put on the disabled list Sunday with a tear in his left foot that could end his season.

Manager Mike Scioscia said the star, who has a partially torn plantar fascia, will be sidelined for "a significant amount of time."

THE ASSOCIATED PRESS

NASCAR

Newman grabs home-state win

Ryan Newman fulfilled the childhood dream of so many who grew up in Indiana — winning at storied Indianapolis Motor Speedway.

Newman, from South Bend, ended a 49-race losing streak with Sunday's victory at the Brickyard, and he did it by beating Jimmie Johnson.

Again.

Newman set a NASCAR track record in knocking Johnson off the pole in qualifying, then used a fast final pit stop Sunday to snatch the win from the four-time Indianapolis winner. THE ASSOCIATED PRESS



Ryan Newman celebrates Sunday's win in Indianapolis. GETTY IMAGES

Steady Snedeker masters Glen Abbey

Golf. Nashville native gets big break along the way to win his first Canadian Open

Brandt Snedeker shot a 2-under par 70 on Sunday to win the RBC Canadian Open by three strokes.

The 32-year-old, who took the lead on Saturday when second-round leader Hunter Mahan withdrew after his wife unexpectedly went into labour, finished at 16 under for the tournament at Glen Abbey Golf Club for his second victory of the season and the sixth of his career.

"This is a tournament I said early on in my career I wanted to win just because my caddie is actually from Canada and it's his national open. It meant a lot to him, meant a lot to me," Snedeker said. "Third oldest tournament on Tour and it's got some great history to it, and now to put my name on that trophy, it means a lot."

Dustin Johnson (70), Matt Kuchar (71), William McGirt (68) and Jason Bohn (71) tied for second at 13 under.

Mahan was seemingly at the top of his game and had a two-stroke lead at 13 under after Thursday's 67 and Friday's 64 before rushing home to be with his wife, Kandi, who gave birth to daughter Zoe Olivia Mahan early Sunday in Texas.

"Zoe will be getting a very nice baby gift from me. I can't thank Kandi enough for going into labour early. I don't



American Brandt Snedeker hugs his Canadian caddie Scott Vail after winning the Canadian Open on Sunday evening in Oakville, Ont. NATHAN DENETTE/THE CANADIAN PRESS

Northern slump

David Hearn of Brantford, Ont., was the top Canadian with a final-round 73 to finish at 4 under.

- Mike Weir of Brights Grove, Ont., shot an even-par 72 to finish at 3 under.
- A cut line of 1-under par eliminated several Can-

adians on Friday, including Graham Delaet (73) of Weyburn, Sask.

- The last Canadian to win the national open was English-born Pat Fletcher in 1954. The only Canadian-born golfer to win the tournament was Karl Keffer (1909, 1914).

know if I'd be sitting here if she hadn't," Snedeker said with a laugh.

Snedeker was 1 under on the day after the front nine and birdied No. 10 to move

to 16 under overall. He gave that shot back on No. 12, but birdied No. 16 and parred No. 17 and No. 18 to secure \$1,008,000 of the \$5.6-million purse.

Kuchar said the breezy conditions made for a tough final round.

"Today was by far the hardest day. The wind was strong and coming from a different direction," he said. "Snedeker played some great golf. I played with him Thursday and Friday. He was just so steady and played good for four days."

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photo courtesy of Mark Kays photography.



L.A. ends stalemate in 11th

Yasiel Puig of the Dodgers celebrates after hitting a walk-off solo home run in the 11th inning against the Reds in Los Angeles on Sunday. Cincinnati pitchers set a franchise record with 20 strikeouts, but the Dodgers won 1-0.

STEPHEN DUNN/GETTY IMAGES

MLB

Martinez strikes out as Marlins hitting coach

Tino Martinez resigned as the Miami Marlins' hitting coach hours after complaints by players that he verbally abused them became public.

Martinez was in his first year as a professional coach this year. He was in the



Tino Martinez
THE ASSOCIATED PRESS

dugout for Sunday's 3-2 win over the Pittsburgh Pirates, then met with Marlins officials and resigned.

"I want to apologize to the Marlins organization for my behaviour," Martinez said. "I have made some comments to certain players at certain times that I thought was more constructive criticism. Obviously, they didn't feel that way, and it kind of backfired on me."

Martinez said he once touched a player in anger, grabbing rookie Derek Dietrich by the jersey in the batting cage early this season. **THE ASSOCIATED PRESS**

Biggest loser. Hot Sauce spices up UFC fight card

Little-known middleweight Trevor (Hot Sauce) Smith lost, but he left Seattle with a \$50,000 US bonus cheque in his pocket and praise from UFC president Dana White.

"I told Smith, 'I didn't even know your name yesterday,'" White told reporters after Smith and Ed (Short Fuse) Herman won fight of the night honours Saturday with 15 minutes of bone-rattling action. "I know your name today."

In contrast, Canadian welterweight contender Rory (Ares) MacDonald won comfortably but drew a tongue-lashing from his boss and boos from the KeyArena crowd of 7,816 after a methodical co-main event victory over Jake (The Juggernaut) Ellenberger.

Such is life in the UFC, where winning often isn't enough. The organization is set up to reward performance, with most fight contracts carrying an automatic matching win bonus. So an undercard fighter on a basic purse of \$8,000 can double his pay with a victory.

Each card carries \$50,000 bonuses for fight of the night (for the winner and loser) and for submission and knockout of the night. The UFC is coy about the rest of its bonus structure but is known for cut-

The big hitters

In a fight where defence seemed optional, Smith was good on 87 of 108 significant strike attempts while Herman connected on 73 of 129.

- In contrast, MacDonald connected on just 46 of 118 significant strike attempts. Ellenberger's figures were even worse, 19 of 97.

ting discretionary cheques for outstanding performances.

"You want more money? Go get it," said White, who has been under fire in recent months over fighter pay. "Go get it. Believe me, guys who deserve more money, we pay them. We pay the guys who make a difference."

Smith (10-4) and Herman (21-7 with one no contest) are not likely to win any titles, but they put on a show, connecting on a combined 160 significant strikes in three rounds, according to FightMetric. Both fighters were repeatedly wobbled throughout the free-swinging fight, which drew oohs and aahs from the crowd.

THE CANADIAN PRESS

Mullet moment: Rasmus's walk-off single ices Astros

MLB. Centre-fielder redeems himself after slow start; Bautista ejected in the 7th

Colby Rasmus tried to forget everything that happened early Sunday afternoon.

An 0-for-3 start to the day didn't help the Toronto Blue Jays much, especially when he popped out in a big spot in the seventh inning. But when the Houston Astros chose to again intentionally walk Edwin Encarnacion to get to Rasmus in the ninth, the centre-fielder came through with the game-winning single to give the Blue Jays a 2-1 walk-off win.

"It set up the way they want it to, in their favour, with a base open able to walk Eddie," manager John Gibbons said. "And then Colby stepped up."

It was shaping to be a day

of missed opportunities. The Jays left 12 runners on base and had plenty of chances to take the lead. Three times they had a runner in scoring position and failed to bring him home.

"All those guys we left on base, we had opportunities," Gibbons said. "We couldn't capitalize."

Todd Redmond finished with a career-best 10 strikeouts in his longest outing of the season. He said the key was getting ahead on hitters and locating his fastball.

THE CANADIAN PRESS

Umpire quagmire

"I've been trying to control myself as much as I can. But it is something that I'm not as good at as other players."

Jays outfielder Jose Bautista, who was thrown out of Sunday's game for arguing a called strike that led to a strikeout in the seventh inning.



Colby Rasmus, centre, celebrates his walk-off single with his Jays teammates on Sunday in Toronto. **RICHARD LAUTENS/TORSTAR NEWS SERVICE**

MLB

AMERICAN LEAGUE

EAST DIVISION

| | W | L | Pct | GB |
|-----------|----|----|------|----|
| Boston | 63 | 43 | .594 | — |
| Tampa Bay | 62 | 43 | .590 | ½ |
| Baltimore | 58 | 48 | .547 | 5 |
| New York | 55 | 50 | .524 | 7½ |
| Toronto | 48 | 56 | .462 | 14 |

CENTRAL DIVISION

| | W | L | Pct | GB |
|-------------|----|----|------|----|
| Detroit | 59 | 45 | .567 | — |
| Cleveland | 56 | 48 | .538 | 3 |
| Kansas City | 51 | 51 | .500 | 7 |
| Minnesota | 45 | 57 | .441 | 13 |
| Chicago | 40 | 62 | .392 | 18 |

WEST DIVISION

| | W | L | Pct | GB |
|-------------|----|----|------|-----|
| Oakland | 62 | 43 | .590 | — |
| Texas | 56 | 49 | .533 | 6 |
| Seattle | 50 | 55 | .476 | 12 |
| Los Angeles | 48 | 55 | .466 | 13 |
| Houston | 35 | 69 | .337 | 26½ |

Sunday's results

Toronto 2 Houston 1
Boston 5 Baltimore 0
Cleveland 6 Texas 0
Detroit 12 Philadelphia 4
Kansas City 4 Chicago White Sox 2 (12 inn.)
N.Y. Yankees 6 Tampa Bay 5
Oakland 10 L.A. Angels 6
Seattle 6 Minnesota 4

Saturday's results

Houston 8 Toronto 6
Boston 7 Baltimore 3
Cleveland 1 Texas 0
Detroit 10 Philadelphia 0
Kansas City 1 Chicago White Sox 0
Minnesota 4 Seattle 0
Oakland 3 L.A. Angels 1
Tampa Bay 1 N.Y. Yankees 0

Monday's games

All Times Eastern
Tampa Bay (Price 5-5) at Boston (Doubtrout 7-4), 6:10 p.m.
Chicago White Sox (Danks 2-8) at Cleveland (McAllister 4-6), 7:05 p.m.
L.A. Angels (Weaver 5-5) at Texas (Garza 1-0), 7:05 p.m.
Toronto (Rogers 3-4) at Oakland (Griffin 9-7), 10:05 p.m.

NATIONAL LEAGUE

EAST DIVISION

| | W | L | Pct | GB |
|--------------|----|----|------|-----|
| Atlanta | 60 | 45 | .571 | — |
| Washington | 52 | 54 | .491 | 8½ |
| Philadelphia | 49 | 56 | .467 | 11 |
| New York | 46 | 56 | .451 | 12½ |
| Miami | 40 | 63 | .388 | 19 |

CENTRAL DIVISION

| | W | L | Pct | GB |
|------------|----|----|------|-----|
| St. Louis | 62 | 40 | .608 | — |
| Pittsburgh | 61 | 42 | .592 | 1½ |
| Cincinnati | 59 | 47 | .557 | 5 |
| Chicago | 48 | 55 | .466 | 14½ |
| Milwaukee | 43 | 61 | .413 | 20 |

WEST DIVISION

| | W | L | Pct | GB |
|---------------|----|----|------|----|
| Los Angeles | 56 | 48 | .538 | — |
| Arizona | 54 | 51 | .514 | 2½ |
| Colorado | 51 | 55 | .481 | 6 |
| San Diego | 48 | 58 | .453 | 9 |
| San Francisco | 46 | 58 | .442 | 10 |

Sunday's results

Atlanta 5 St. Louis 2
Chicago Cubs 2 San Francisco 1
Colorado 6 Milwaukee 5
L.A. Dodgers 1 Cincinnati 0 (11 innings)
Miami 3 Pittsburgh 2
San Diego 1 Arizona 0
Washington 14 N.Y. Mets 1

Saturday's results

Atlanta 2 St. Louis 0
Chicago Cubs 1 San Francisco 0
L.A. Dodgers 4 Cincinnati 1
Milwaukee 7 Colorado 5
Pittsburgh 7 Miami 4
San Diego 12 Arizona 3
Washington 4 N.Y. Mets 1

Monday's games

All Times Eastern
St. Louis (Westbrook 7-4) at Pittsburgh (Liriano 10-4), 7:05 p.m.
Colorado (De La Rosa 10-5) at Atlanta (Beachy 0-0), 7:10 p.m.
N.Y. Mets (Hefner 4-8) at Miami (Turner 3-3), 7:10 p.m.
Milwaukee (Lohse 7-7) at Chicago Cubs (Samardzija 6-9), 8:05 p.m.
Cincinnati (Leake 10-4) at San Diego (O'Sullivan 0-2), 10:10 p.m.

CFL

WEEK FIVE

EAST

| | GP | W | L | T | PF | PA | Pt |
|----------|----|---|---|---|-----|-----|----|
| Toronto | 4 | 2 | 2 | 0 | 118 | 116 | 4 |
| Montreal | 5 | 2 | 3 | 0 | 122 | 139 | 4 |
| Hamilton | 5 | 1 | 4 | 0 | 99 | 158 | 2 |
| Winnipeg | 5 | 1 | 4 | 0 | 115 | 146 | 2 |

WEST

| | | | | | | | |
|--------------|---|---|---|---|-----|-----|----|
| Saskatchewan | 5 | 5 | 0 | 0 | 183 | 87 | 10 |
| Calgary | 5 | 4 | 1 | 0 | 162 | 133 | 8 |
| B.C. | 4 | 3 | 1 | 0 | 104 | 84 | 6 |
| Edmonton | 5 | 1 | 4 | 0 | 99 | 139 | 2 |

Saturday's result

Saskatchewan 32 Hamilton 20

Friday's result

Calgary 37 Winnipeg 24

Thursday's result

Montreal 32 Edmonton 27

Tuesday's game — All Times Eastern

B.C. at Toronto, 7:30 p.m.

GOLF

PGA RBC CANADIAN OPEN

At Oakville, Ont.

Final Round — Par 72

| | |
|------------------------------|-----------------|
| Brandt Snedeker, \$1,008,000 | 70-69-63-70—272 |
| William McGirt, \$369,600 | 71-69-67-68—275 |
| Dustin Johnson, \$369,600 | 75-67-63-70—275 |
| Matt Kuchar, \$369,600 | 66-74-64-71—275 |
| Jason Bohn, \$369,600 | 70-68-66-71—275 |
| Roberto Castro, \$187,600 | 69-70-67-70—276 |
| Mark Wilson, \$187,600 | 70-69-67-70—276 |
| John Merrick, \$187,600 | 71-62-72-71—276 |
| Aaron Baddeley, \$151,200 | 68-68-73-68—277 |
| Jim Furyk, \$151,200 | 72-67-68-70—277 |
| Also | |
| David Hearn, \$17,404 | 70-73-68-73—284 |
| Mike Weir, \$14,149 | 73-67-73-72—285 |
| Roger Sloan, \$12,805 | 71-71-72-72—286 |

MLS

Sunday's result — Chivas USA at Seattle

Saturday's results

Montreal 1 Kansas City 0
Toronto 2 Columbus 1
Philadelphia 1 Vancouver 0
Colorado 2 Los Angeles 0
Houston 1 Chicago 1
New England 2 D.C. 1
New York Red Bull 3
San Jose 2 Portland 1

Horoscopes

Aries

March 21 - April 20

Don't start the week in a negative frame of mind. Everything will be resolved to your complete satisfaction over the next seven days – as the Sun in your fellow Fire sign of Leo suggests.

Taurus

April 21 - May 21

Recent setbacks may have been disappointing but you will begin to see them in a more positive light over the next few days.

Gemini

May 22 - June 21

Beneath that cool exterior you are worrying about all sorts of weird and wonderful things. Why? It's really all good.

Cancer

June 22 - July 23

Life has taken a more serious turn in recent days and you will certainly have to take a more responsible approach to matters related to your finances this coming week. Do whatever it takes to make ends meet.

Leo

July 24 - Aug. 23

Something you hear today will no doubt worry you a bit but if you make an effort to read between the lines you may discover that the "facts" are not quite what they seem.

Virgo

Aug. 24 - Sept. 23

An interesting offer will come your way today but you are more than a little suspicious about it. Why would someone you hardly know want to help you? Whatever the reason it's a genuine offer, so say "Yes".

Libra

Sept. 24 - Oct. 23

You don't need an excuse to have a good time so don't bother looking for one. The Sun in Leo demands that you spend as much time as you can with your real friends – they're the ones who make you laugh.

Scorpio

Oct. 24 - Nov. 22

Whatever happens keep your wits about you and keep your eyes and ears open for opportunities you can exploit.

Sagittarius

Nov. 23 - Dec. 21

If something is bothering you – and it is – then you must pluck up the courage to ask for advice, even though you hate to reveal you are not in control.

Capricorn

Dec. 22 - Jan. 20

From the look of your solar chart it seems you are in possession of inside information that can be used to further your ambitions. Is it immoral to do so? Of course not.

Aquarius

Jan. 21 - Feb. 19

Someone is trying to grab your attention and sooner or later you are going to have to see what they want. Make it sooner if you can because if you are obliged to do them a favor

Pisces

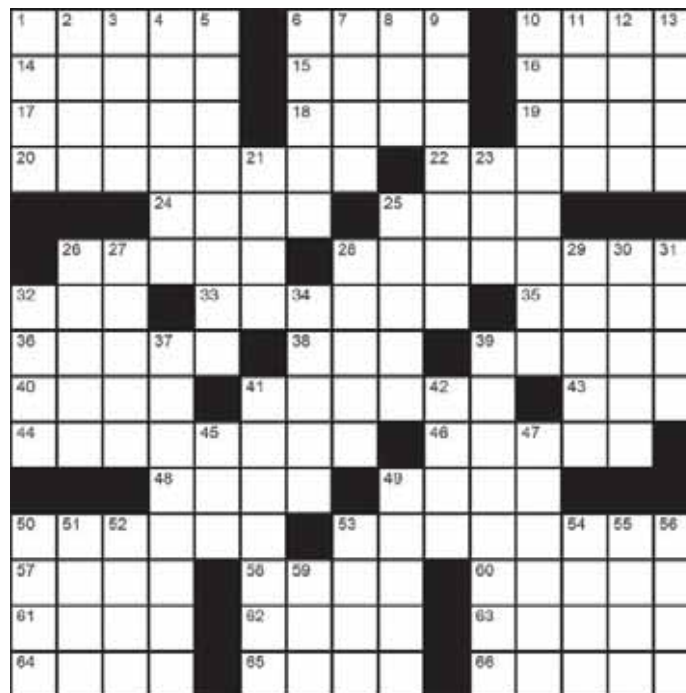
Feb. 20 - March 20

You seem to have overdone it a bit over the past week or so and now you must rest and recuperate. Even if you still seem strong physically your mind is certainly feeling the strain. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

1. Beyonce's alter-ego, ___ Fierce
6. Guns the engine
10. Succeed antonym
14. Mil. rank, __.
15. Fail to mention
16. Glorioso
17. ___ pursuit, as police-to-a-criminal
18. Knocked noggin result
19. Thingy
20. Tortilla chips brand
22. This clue's direction
24. "Let's leave ___ that then."
25. Island of the Marianas
26. Vancouver-born actress, Kristin ___
28. Where Queen Elizabeth summers in Scotland, ___ Castle
32. Observe
33. Singer Mr. Rucker
35. Three x Three's answer
36. Dumbstruck: 2 wds.
38. Finish
39. ___ Temple Pilots
40. Constellation for the star Vega
41. Chuck's bride



on July 29th, 1981:
2 wds.

43. ___ du jour = Juice of the day
44. British Columbia city
46. Killer whales
48. Ad-___ (Improvise)
49. Toronto attraction, Casa ___
50. Sir Mackenzie ___ (Prime Minister, from

1894 to 1896)

53. 'D' of TD Bank
57. Oomph
58. Sigher's word
60. Hamilton street; or, "Lost" character
61. Sell
62. "The Good ___" on CBS
63. "___ the news today, oh boy..." - The Beatles

64. Lotus position-doing class
65. Hardens
66. Ms. Perry's of music

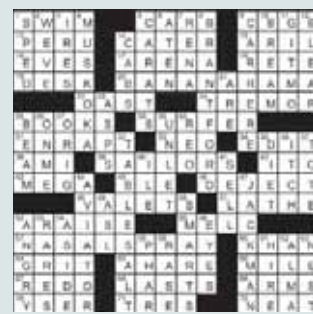
Down

1. Skirt feature
2. ___ time (Never): 2 wds.
3. Learning insts.
4. Band #33-Across

- fronted, ___ & The Blowfish
5. Elevation
6. Sci-Fi flick 'creature'
7. Aussie birds
8. Bathroom cleansing brand
9. As per #41-Across, where the royal nuptials took place: ___ Cathedral
10. The ___ Banff

- Springs Hotel
11. Driveway sight
12. Burns up
13. Getaways
21. "...we'll ___ cup o' kindness yet..." - Robert Burns
23. Ms. Diaz, to pals
25. Tacky
26. Country in Africa
27. Weaponize again
28. Adheres
29. Spanish wine region
30. ___ horribilis, 1992 for The Queen
31. Spike and Bruce
32. Fancy fabric
34. Brings in
37. Niagara Falls-crossing daredevil
- Nik
39. Nunavut's ___ National Park
41. Canadian grocery store chain
42. Ruination
45. Salad dressing ingredient
47. Saskatchewan town
49. Misplaces
50. Bunch
51. Spread-for-bread
52. Wedding dress designer Vera
53. Wacky
54. Actor/rapper, ___
55. "That's fine."
56. Mr. Beatty's
59. Fib

Friday's Crossword

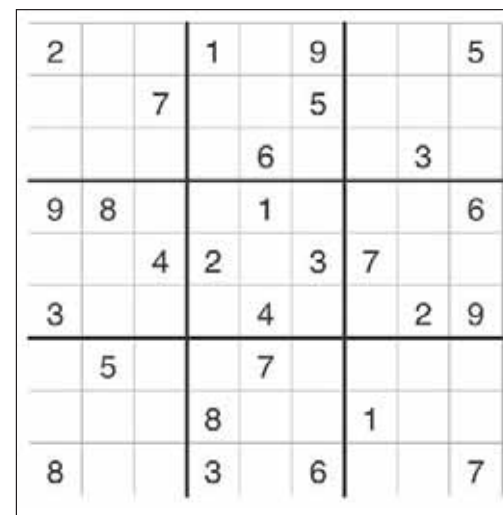


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



Today

24°/17°
Showers
60%

Tuesday

25°/14°
Variable

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FR /WK*

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*See dealer for complete details. Vehicles may not be exactly as shown.